

ABSTRACT OF THE DISCLOSURE

Sub B87 A composition that makes it possible to take DHA efficiently. The composition contains linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-6, 18 : 2) so that the weight ratio of the linoleic fatty acid to the α -linolenic fatty acid is 0.05 to 7.5.

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